

STATE SENATOR • IRMA CLARK-COLEMAN • 3RD DISTRICT

Clark-Coleman Press Release

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Clark-Coleman Joins Campaign For Heart Health Awareness *Records Radio PSAs to Highlight Cholesterol Awareness Month*

LANSING-State Senator Irma Clark-Coleman (D-Detroit) announced today she is releasing four radio public service announcements to remind citizens about the risk factors and warning signs of heart disease. The PSAs were recorded in Indianapolis, Ind. at a Women in Government conference for female legislators from around the country.

The Michigan Department of Community Health (MDCH) reports that cardiovascular disease was responsible for more than one-third of Michigan deaths. Heart disease and stroke, the two most prevalent forms of cardiovascular disease, are the first and third leading causes of death in Michigan.

"Heart disease is the number one killer of men and women in the United States, but with a little bit of effort on our part we can change that," said Sen. Clark-Coleman. "As part of Cholesterol Awareness Month, I encourage everyone to take a close look at their lifestyle, nutrition, and exercise habits to see if they are at risk for high cholesterol and heart disease."

In an effort to help people fight heart disease, the MDCH received funding in 2007 from the Centers for Disease Control to support a statewide heart disease and stroke prevention program.

"The best medicine for heart health is when people take action to adopt a heart-healthy lifestyle and work with their doctor on nutrition, stress reduction, and exercise plans that are appropriate for them," said Dr. Mukarram Siddiqui, Chief of Cardiovascular Service for DMC Sinai-Grace Hospital. "Heart disease is the number one killer of men and women over 40 in Wayne County, but it doesn't have to be if we make a more concerted effort to live a healthier lifestyle."

Senator Clark-Coleman's two 60 second PSAs and two 30 second PSAs are available to the media. One 30-second-spot is attached to this e-mail.

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